

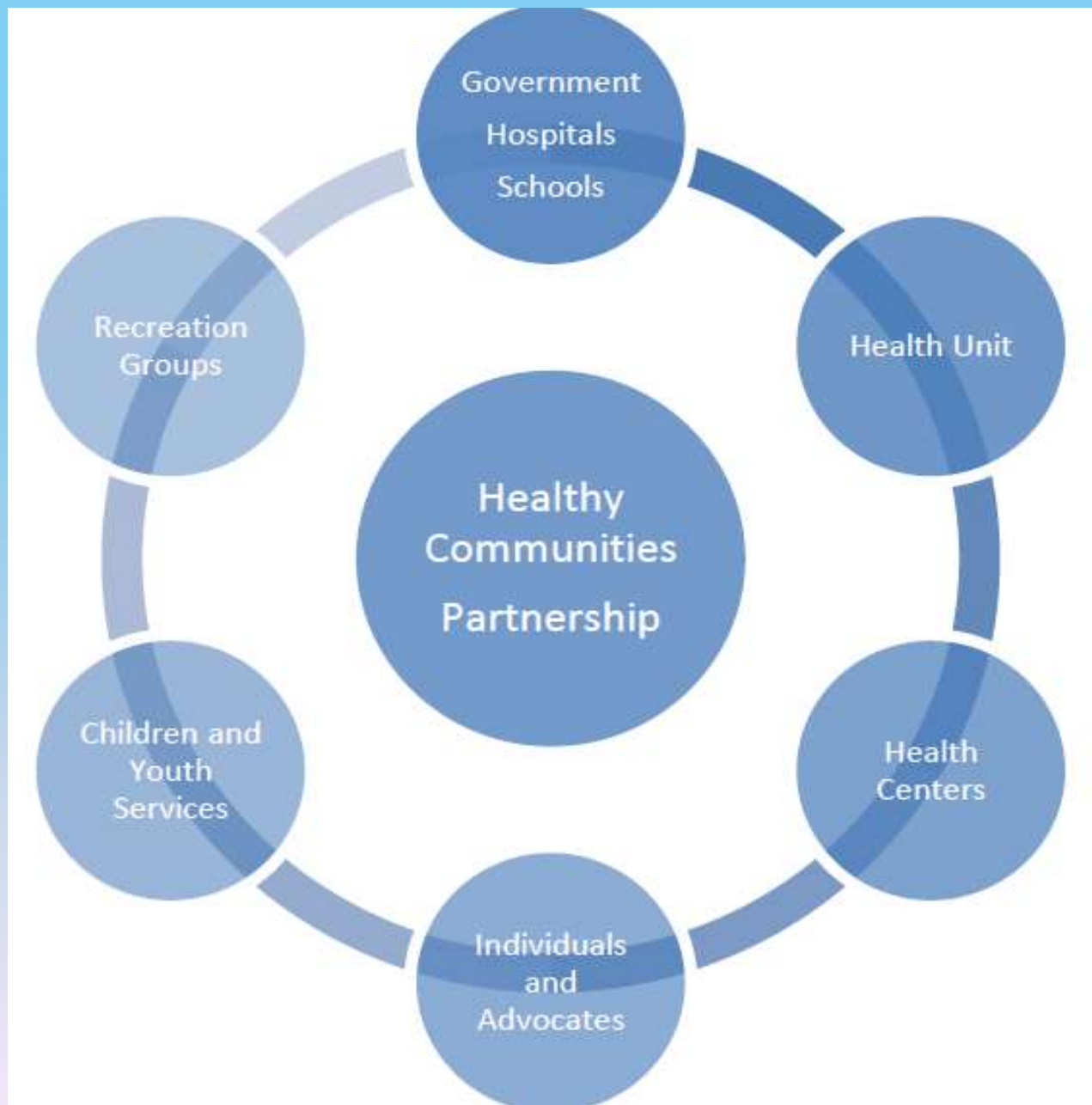


It takes a community ...

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Healthy Community Vision:

Healthy people in
Lanark, Leeds &
Grenville live, learn,
work and play in
healthy communities.



Healthy Community Vision:

- All **community members** have the opportunity to make the choices that enables them to live a healthy life, regardless of income, education, or ability.
- Healthy **community environments** promote well being and quality of life and contribute to integrated community sustainability.



Physical Activity

- All community members have the necessary knowledge, interest, resources and opportunities to be physically active, including **being active outdoors in nature.**



Healthy Eating

- All community members have food knowledge and skills, and **access** to local, safe, healthy, affordable and culturally appropriate food.



Mental Well Being and Resiliency

- All community members are engaged and connected and have access to resources, and are able to cope with life's challenges within a safe, supportive community.



Substance/Alcohol Misuse Prevention

- All community members have a responsible attitude towards alcohol and other drugs, and the community supports skills and knowledge for healthy decision making and risk reduction.



Tobacco Use/Exposure Prevention

- All community members have knowledge about tobacco use, skills for risk reduction and have less exposure to tobacco smoke in public and recreation settings.



Injury Prevention

- All community members have the knowledge and skills to prevent injuries, and a healthy environment in which to live, learn, work & play.



- **Community consultation** - What is a healthy community?



HCP Major Initiatives

- **Key initiatives**

- Healthy Community Municipal Project
- Rural Recreation Association
- Active Transportation
- School Travel Planning
- Recreation Accessibility and Inclusion
- foodcore lgl (Community Food Charter)
- Mental Well Being and Resiliency – Youth
- Nature 4 Life



Municipalities



- Presentations to municipal councils
 - Endorsed Healthy Communities Vision
 - Completed Healthy Communities Asset Inventory Tool (Physical Activity and Healthy Eating)
 - Report to Municipal Council
- Resources to support municipal initiatives



Endorsement and Report

- Smiths Falls
- Beckwith
- Carleton Place
- Mississippi Mills
- Brockville
- Prescott
- Perth
- In Process:
 - Leeds & 1000 Islands
 - North Grenville
 - Elizabethtown/Kitley



Municipal Initiatives

- Rideau Lakes access to recreation policy
- Gananoque bylaw on sugar sweetened drink
- Bike Friendly in Mississippi Mills
- Walk Friendly in Smiths Falls
- Age Friendly in Tay Valley
- Youth Friendly Gananoque and Rideau Lakes



Municipal Initiatives

- Beckwith's bylaw incorporating trails into development plans
- Recreation opportunities, new Splash pads
- Many kilometres of trails developed
- Geocaching Kemptville
- Healthy Kids Community Challenge activities
 - Fueling Recreation, Kids Run/Jump/Play, Water stations
- Recreation lending library, MAPsacks



Rural Recreation Association

- Executive Committee – recreation, municipal councillors, education, public health
- Events spring, fall each year
- Topics of interest to the public, municipalities, schools, sport clubs and organizations
- Report on Economic Benefits of Recreation
- Local High Five training



Active Transportation

- Summits 2014, 2105, and 2016
- Planned for 2017
- Municipal plans
- Resources on HCP website



School Travel Planning

- Schools in Lanark, Leeds, Grenville
- Kids active on the way to and from school
- Special event days, surveys in schools, parent involvement

http://healthyllg.org/school_travel_planning.html



Recreation Accessibility and Inclusion

- Map of support in each part of the region
http://healthyllg.org/access_inclusion.html
- Access to financial support
- Working with Making Play Possible



foodcore Leeds, Grenville Lanark

- Community Food Charter
- Inventory with connections to:
 - Growing and gathering food
 - Preparing and eating food
 - Buying food
 - Help for getting food
 - Preserving our future
- Workshop with schools
- <http://www.foodcorelgl.ca/>



Youth Mental Well-Being and Resiliency

- Community indicators of youth mental well-being and resiliency
 - Based on developmental assets
- Power Up Youth Summit, Gananoque, Feb 2017
 - Rural Youth Civic Engagement



Nature 4 Life

- Encourage parents and others to take children outside for unstructured play
- Workshop with Dr. Cheryl Charles Nature Network
- Posters, Rack Card, Video
 - Developed by and for use by health and community service providers
- Collaboration with Early Years, Best Start, others
- Public interest
- MAPsacks (libraries)
- CHEO Mental Health and Nature website
- Video

http://healthyllg.org/outdoor_recreation.html



HCP Website

Information and
resources:

<http://www.healthyllg.org/>



Together We Make a Difference!!

